

## How you can run CAFOD's Lent Appeal online in your parish

### Posts for Parish Facebook pages (can also be used on Twitter and WhatsApp groups)

#### Walk for Water (leading up to Ash Wednesday)

*Image for Facebook, Twitter or WhatsApp*



[Download image](#)

*Text for Facebook, Twitter or WhatsApp:* For your Lenten commitment this year, sign up to @CAFOD's Walk for Water. Ask your friends and parishioners here in **[Insert name of parish]** to sponsor you to walk 10,000 steps a day and raise funds to help end water poverty, <https://walk.cafod.org.uk/>

#### or Big Walk for Water (leading up to 20 February)

*Image for Facebook, Twitter or WhatsApp*



[Download image](#)

*Facebook or WhatsApp Text:* Join Catholics all over England and Wales taking part in @CAFOD's Big Walk for Water on Saturday 20 February. In **[Insert name of parish]** we're walking in solidarity with people who don't have access to clean, safe water. Walk five miles on your own, with your family, or your bubble and let's raise money for CAFOD's vital work around the world, <https://cafod.org.uk/Fundraise/Organise-an-event/Big-Walk-for-Water>

*Twitter text:* Join with Catholics across England and Wales and take part in @CAFOD's Big [#WalkForWater](#) on 20 February. In **[Insert name of parish]** we're walking in solidarity with people who don't have access to clean, safe water, so get involved and help raise vital funds.

**Lent Appeal: in week beginning 22 February, for Family Fast Day on 26 February or any time in Lent**

*Text for Facebook, Twitter or WhatsApp (with video link):* Help transform lives today. In Ethiopia, Abdella walks ten hours a day to find water for his family.

<https://www.youtube.com/watch?v=cjtDxhOvKXs> We in **[Insert name of parish]** can help to support communities like Abdella's by donating to @CAFOD's Lent Appeal here: <https://cafod.org.uk/Give/Donate-to-CAFOD/Lent-Appeal>

And/or

*Image (square or landscape)*



[Download image](#)

[Download image](#)

*Text for Facebook, Twitter or WhatsApp:* We may not all be in Church this Lent but we in **[Insert name of parish]** can still show our love to our sisters and brothers in need overseas by supporting @CAFOD's Lent Appeal. You can give here: <https://cafod.org.uk/Give/Donate-to-CAFOD/Lent-Appeal>

Prayer video (any time in Lent)

Let us pray together with this beautiful Lenten prayer video from @CAFOD. 🙏  
<https://www.youtube.com/watch?v=xP-w0kGjAMl>

For your livestream Mass:

You could place the image below in the livestream or post this video link <https://www.youtube.com/watch?v=cjtDxhOvKXs> to your parish Facebook or YouTube page if this is where you livestream.



[Download image](#)

For your parish newsletter (from week beginning 15 February or when suits the parish):

### **CAFOD Lent Appeal**

Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says his life is being wasted as he has no time for anything else. Give today to reach vulnerable communities around the world with water and to provide other vital support. Donate online at [cafod.org.uk/lent](https://cafod.org.uk/lent) or by using a CAFOD envelope. You can also give via text. Text LENT to 70460 to donate £10\*.

*\*Texts cost £10 plus one standard rate message you'll be opting in to hear more about CAFOD's work and fundraising via telephone and SMS. If you'd like to give £10 but do not wish to receive marketing communications, text LENTNOINFO to 70460. For more information, please see CAFOD's Privacy Policy: [cafod.org.uk/Legal-information/Privacy-notice](https://cafod.org.uk/Legal-information/Privacy-notice)*